

## Chapter

### Fellowship.

*Fel-low-ship: friendly association with people who share one's interest.*

**N**o-one makes it alone. Supportive individuals in your life are critical aspects to your recovery.

1. Write a List of meetings you can attend in person or online
2. Written schedule for attending at least 2 meetings/week
3. Written Plan for getting a sponsor and home group  
Log your attendance and how it made you feel

NOTES: \_\_\_\_\_  
\_\_\_\_\_



**Schedule of Recovery Meeting/Activities to attend weekly.**

*At least 2 per week.*

Mon	Tues	Wed	Thur	Fri	Sat	Sun

# Mapping Worksheets

## My Plan for Getting a Sponsor

P

### WHEN

I will get a temporary sponsor on or before this date: \_\_\_\_\_

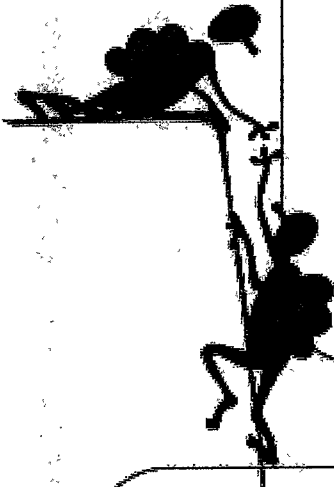
I will get a long-term sponsor on or before this \_\_\_\_\_

N

### WHO

This is the type of person I am looking for:

- (a) At least \_\_\_\_\_ years of being clean and sober.
- (b) General characteristics
- (c) Drug and jail experiences



N

### HOW

This is how I will get a temporary sponsor:

- (a) This is where I will look for a temporary sponsor:
- (b) This is what I plan to do and say.

### HOW

This is how I will get a long-term sponsor:

- (a) This is where I will look for a long-term sponsor:
- (b) This is what I plan to do and say.

N

N

This is what I will say and do if that person says "no"